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21ST & 22ND SEPTEMBER

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Dear Readers,



Summer is drawing to a close. How has it been for you? I always have mixed feelings about the summer. I love my daughter being off school and getting a chance to spend time with her and to pursue her interests with her, but juggling that time with running a business can be really tricky. By the time September comes around there's a sense that she is ready to go back to school and I am ready to relieve that pressure of trying to find the sweet spot in the whole work-life balance thing. If you have children, I hope you've managed to enjoy spending time with them this summer and have made some memories to cherish.

This month, as is fairly traditional for us for the September issue, the magazine is all about food and drink and there's lots of tasty, juicy articles on the subject for you to explore. There are also plenty of events to check out in the month ahead as well as our usual spread of community and lifestyle articles to enjoy.

Enjoy this month's read!

Hannah

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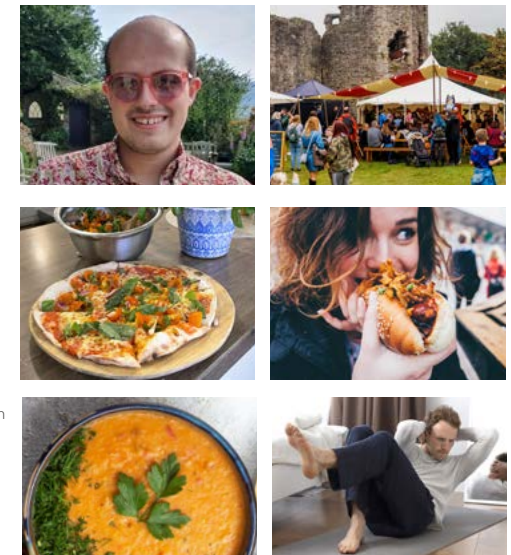
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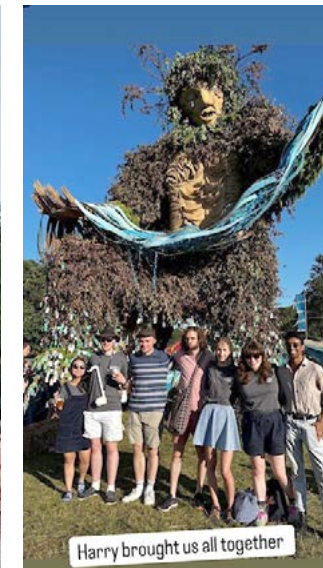
Harry Webb Remembered in National Road Victim Month & Green Man Festival

funds received from his history talks throughout the year to the campaign in memory of Harry.

Alongside the National Road Victim Month, Harry Webb was also remembered as part of the Green Man Festival, which took place at the Glanusk Estate last month. Fiona Stewart of the Green Man Festival had heard about Harry and about his friends who had come to the hospital and waited for two long days, willing Harry to recover following the hit and run. Fiona also knew that Harry was a musician and well-loved locally. As a result, she invited Harry's friends to the Green Man as guests so that they could be together and share their memories of Harry. Notes were tied to the Green Man by his friends and family for memories and lasting friendship.

A touching tribute from the Festival itself to Harry reads as follows: "Green Man 2024 is dedicated to Harry Webb, a son of Crickhowell and a Welsh Man of music. For 27 years, the world enjoyed his sparkling intellect, incredible talent, and beautiful kind heart. Harry achieved so much and touched many lives, including those of his wonderful family and friends from all over the world who will be forever connected through their love for him. "The thoughts of you are so beguiling I dreamt about you and woke up smiling" – lyrics from Harry Webb's own composition: 'I Woke up Smiling'"

Harry's family highlight that the kindness, compassion, and generosity shown by Fiona Stewart is a huge comfort. Pat Webb said that, "The wonderful gesture has helped many of his friends from all different sections of Harry's life get together and share in their loss and remember Harry's love of life, laughter, and music."



Last month was National Road Victim Month, an annual campaign highlighting the significant number of people needlessly killed and injured in crashes on the UK's roads. The campaign, organized by RoadPeace, the national charity for road crash victims, aims to raise awareness about the following facts: Every day in the UK, five people are killed and around 80 are seriously injured, on average, in road collisions.

Since records began in 1926, over 500,000 people have been killed in UK road crashes, far exceeding the 375,000 UK citizens killed due to warfare during the same period.

The routine daily activity of driving results in more fatalities annually in the UK than both murder and terrorism combined.

In 2022 alone, 1,766 people were reported killed and 141,560 people were reported injured in collisions on UK roads.

National Road Victim Month, which was established in 1998 by RoadPeace, also recognizes the work of the emergency services, who respond to road crashes every day, and highlights the mental and physical impact that road crashes have on them.

Last month's campaign, which was heavily supported by Webb's of Crickhowell, focused on raising awareness about the many needless deaths and injuries that occur every day on our roads. Pat and Mike Webb tragically lost their son, Harry, in September 2023 in a hit and run incident while Harry was out cycling. His loss left his family and friends devastated. In support of RoadPeace, John Webb will be donating the

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Citizens Advice Outreach Sessions



Cyngor ar Bopeth Citizens Advice Powys is delighted to be able to expand their pilot outreach sessions, now being held regularly in Knighton, Hay, Builth and Brecon.

in depth appointment or signpost you to the correct organisation if needed. You will also be able to sign forms and bring in paperwork if you already have an open case with us.

Funding accessed from the 'Gwneud gwahaniaeth ym Mhowys - Making a Difference in Powys' fund, issued and monitored via PAVO, have made the outreach sessions possible and locations across South Powys are; Builth Wells, Antur Gwy Library, Knighton, Community Center, Hay-on-Wye Library and Brecon, Pobl Offices.

No need to call in advance or make any appointments, just drop by during the opening times and wait for a member of our team to meet with you.

Chief Officer, Yasmin Bell, says, "We were really keen to re-establish our outreach programme and this fund has allowed us to design

At each session, you can speak to a Citizens Advice staff member who will be able to take details of your issue and refer you for a more



Need Help?

Citizens Advice Powys will be visiting

BRECON POBL OFFICE
On the fourth Wednesday of the month from 10:30am to 12:30pm

25th Sept
23rd Oct

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www.abergavennyfoodfestival.com

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Abergavenny Food Festival Celebrates Local Food Stories



The Abergavenny Food Festival (21 & 22 September) showcases many of Wales' top-notch producers and chefs. Performing this year on the Robert Price Kitchens Stage in the Market Hall: Chris Harrod (chef-proprietor of Michelin Starred The Whitebrook near Monmouth), Gwenann Davies (Head Chef, at legendary gastropub, The Felin Fach Griffin), and Jonathan Woolway (ex Chef Director of the Michelin Starred St John Restaurant Group) whose newest venture is The Shed on Swansea's seafront. Over 100 Welsh food producers and exhibitors are also showcased across the market venues.

And then there's the Local & Vocal Stage, sponsored by Taylor & Co Estate Agents (Abergavenny) – a vibrant, lively corner of the castle grounds dedicated to all things 'local'. It is a space for engaging stories and discussions; championing producers, growers, businesses and creatives; filled with conversations helping us better understand our local food and how to produce a healthy, prosperous, just and sustainable food system.

Local & Vocal programmer David Urry says: 'We try to find a balance between the serious and the silly, environmental and cultural, celebratory and cerebral. This year's programme has involved our community more than ever

before. We've worked directly with organisations, authorities, schools, and of course producers, growers and businesses.'

The 2024 Local & Vocal Stage will include: 'Peak Peers Presents' where a panel of young people who are working in or connected to food systems locally explore issues important to them; Llafur Ni – Hanes Ceirch Du Cymreig / Back in Black – The Story of Welsh Black Oats (in Welsh with simultaneous translation); and five schools in Monmouthshire say 'Give Chickpeas a Chance' and invite you to taste recipes they've designed so school meals can no longer be linked to deforestation. Master Chef winner James Nathan is the judge. And look out for foraged lunches, storytelling, music, a Welsh Gardeners' Kitchen Question Time, and discussions on a wide range of issues, including 'pasture fed meat', 'access to land', and 'homes for growers'.

All these events are part of the Stroller Ticket programme. See the full 'What's On' lineup at www.abergavennyfoodfestival.com

LEFT TO RIGHT: Chris Harrod, Nerys Howell (co-host, Welsh Gardeners' Kitchen Question Time), Gwenann Davies, and singer/songwriter Paola who will be performing on the Sunday.



Brecon Beacons Food Festival



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This year marks the 27th year of the Brecon Beacons Food Festival. Held annually in Brecon Market Hall, the event brings together the best food and drink producers in and around the Brecon Beacons for the public to enjoy.

This year, the event is being held on Saturday 5th October and promises a fantastic selection of local food and drink, with stalls that include locally produced beer, wine, ciders and spirits, delicious and indulgent sweet treats from cakes to chocolate, fudge and more; local meat and fish; extensive preserves, honey and oils; as well as local eggs, fermented foods, cheese, condiments and loads more!

The Festival is completely free to attend, and festival goers can look forward to a huge array of food and drink to excite the taste buds. Alongside the local producers who will be exhibiting on the day, there will also be a Taster Table, where you can sample the best of local and Welsh delights. Food and drink samples will be available throughout the day so that you can try before you buy. And to keep festival goers entertained while they browse, there will be a variety of musical delights throughout the day, including Brecon Male Voice Choir and Alive & Kicking choir.

The Brecon Beacons Food Festival begins at 9.30am on 5th October in Brecon Market Hall. For more information, visit breconbeaconsfoodfestival.co.uk



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Learn to Sing With Synergy

Synergy, an award-winning male voice close harmony acapella choir are offering a free four week long 'Learn to Sing' course starting on Thursday 12th September between 7pm and 8:30pm at the choir's rehearsal venue, The St Michaels Centre, Abergavenny, NP7 5UD. This will be followed by three further Thursday sessions and culminating in an evening concert on Saturday 5th October.

During the course singers will learn:

- Vocal warm ups
- Singing technique and exercises
- Learning two songs from Synergy's extensive repertoire to perform with Synergy in the evening Concert in October.

We can assure you that you don't need to read music or be an accomplished solo singer, its our blend of parts that gives us our unique sound different to a traditional Male Voice Choir. Just come along, have fun and enjoy the experience without obligation.

You will be made most welcome.

To register your interest just fill out the online section at www.synergysingers.co.uk/Its or contact our Chairman Grant on 07957 872996. Check out events on the website to see and hear us perform.



TOP: Synergy assembled in their hotel after just receiving the award. ABOVE: The trophy

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SEPTEMBER EVENTS CALENDAR

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Tower Gallery, 49 High St, Crickhowell
See Page 8 for info

31ST AUGUST BRECON VINTAGE, ANTIQUE, CRAFT & COLLECTORS' MARKET

9am-4pm, Brecon Market Hall

11TH SEPTEMBER Book-ish Event HORATIO CLARE YOUR JOURNEY YOUR WAY

7.30pm, Manor Hotel, Crickhowell
See Page 28 for prices and booking info

12TH SEPTEMBER LEARN TO SING WITH SYNERGY

Free 4 Week Singing Course
7pm, St Michael's Centre, Abergavenny. See page 13 for info

12TH SEPTEMBER FERMENTATION AND PICKLING WORKSHOP

A creative community session at Peak Cymru Old School Crickhowell

16TH SEPTEMBER Book-ish Event CHRIS WHITAKER ALL THE COLOURS OF THE DARK

7.30pm, Book-ish Loft
See Page 28 for prices and booking info

19TH SEPTEMBER
Book-ish Event
PETER JAMES – ONE OF US IS DEAD
7.30pm, Borough Theatre Abergavenny
See Page 28 for prices and booking info

21ST-22ND SEPTEMBER ABERGAVENTNY FOOD FESTIVAL



See our article on Page 9
Visit www.abergavennyfoodfestival.com for info and ticketing

21ST SEPTEMBER
CRICKHOWELL CANCER RESEARCH WALES PRESENTS: A NIGHT WITH ELVIS
7pm, Manor Hotel, Crickhowell
Tickets £25 to include supper. Available from Committee Members, Webbs, or contact 07854 318229

23RD SEPTEMBER Book-ish Event DAN BIGGAR THE BIGGAR PICTURE

7.30pm, Blaenavon Workmen's Hall
See Page 28 for prices and booking info

5TH OCTOBER BRECON BEACONS FOOD FESTIVAL

From 9.30am,
Brecon Market Hall
See more details in our article on Page 11



NOTES FROM A FOODIE

THERE'S SO MUCH IN OUR AREA TO ENJOY - SO MANY DELICIOUS FOOD AND DRINK CHOICES RIGHT ON OUR DOORSTEP THAT SOMETIMES IT CAN FEEL A LITTLE OVERWHELMING. NEVER FEAR OUR RESIDENT FOODIE HAS DISCOVERED SOME WONDERFUL GEMS TO HIGHLIGHT AND SHARES THEM WITH US HERE. YOUR ONLY JOB IS TO GO AND CHECK THEM OUT!

KINGS ARMS, ABERGAVENNY

The Kings Arms Hotel is the beating heart of Abergavenny. It's been here since as early as 1405, and has the original timbers and features to prove it! In the summer months you can enjoy a proper al fresco experience at one of the tables in bustling St John's Square, soaking up the atmosphere of town life. In the chillier months, head inside this cosy haven, where you can settle down with a drink by the fireside.

Why I rate them... Characterful bar area, fresh, locally sourced food. Try their side of Parmesan & Truffle Fries for an indulgent treat!



Kings Arms, Abergavenny



A Proper pizza!



The Proper Pizza Co, Brecon

THE PROPER PIZZA CO, BRECON

Who doesn't love pizza?! The problem isn't the lack of pizza, but finding good, proper pizza that hits the spot. Lucky us, because The Proper Pizza Company Ltd based in Lion's Yard, Brecon, are serving up the good stuff... authentic Neopolitan style pizzas! There's no mucking about - these guys use the freshest ingredients and understand that a pizza crust is a fine thing that takes time to create. That's why they take loads of care with their dough and let it prove for hours to develop just the right flavour.

Why I rate them... Vegans, Vegetarians and those looking for Gluten free options are all catered for! I'd recommend booking ahead to avoid disappointment!

COACH & HORSES, LLANGYNIDR

Everyone loves a pub in a picturesque location and you really can't beat this one. The Coach & Horses is a charming village pub bordering the Mon & Brec canal and is the perfect place to unwind and enjoy the nature that surrounds you. Here you can enjoy firm pub favourites from the menu, including burgers, curries and delicious gourmet pies from Cashells, just down the road!

Why I rate them... A marvellous location with picturesque views from the beer garden. A great place to stop for a refreshing drink or a delicious meal!



Coach & Horses, Llangynidr



Excellent burger at the Coach & Horses!

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MAIFLOUR BAKERY, CRICKHOWELL

Take a walk along the High Street in Crickhowell and you might catch the aroma of buttery pastry in the air. No you're not in Paris, but you'd be forgiven for thinking it, because Maiflour bakery uses French butter to craft all their morning pastries. Think flaky croissants, indulgent pains au chocolat and tasty peach or rhubarb danishes to sink your teeth into, paired beautifully with your morning cup of tea or coffee. And to top it off, their flour is organic too!



Why I rate them... Their range of bread and treats are baked freshly, in-house, daily! You can't ask for more! Try their savoury sarnies, wraps and pasties too...

K&K KITCHEN, ABERGAVENNY

Tucked away behind Abergavenny Market Hall in Brewery Yard is a café to delight your senses. Here you can enjoy a full English breakfast, sandwiches and burgers or venture to South East Asia for Thai delights. It's fresh and it's authentic and their Thai menu is now available on Fridays and Saturdays to take away. With the car park right outside, it's so easy to place an order and pick up!



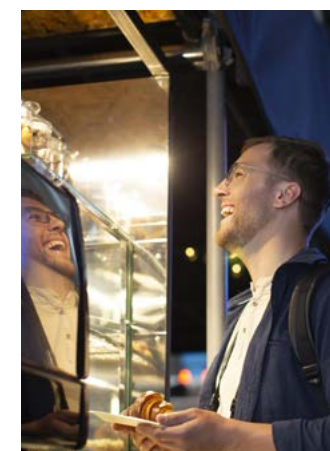
K&K Kitchen, Abergavenny

Why I rate them... Fantastic pad thai and delicious spring rolls with fresh flavours that pack a punch. Make sure you try their takeaway!





THE RISE AND RISE OF STREET FOOD



Have you noticed the popularity of street food? If not, where have you been? If so, then you're noticing a trend that shows no signs of slowing. Street food traders including pop-ups and food trucks now have a place in a massive market worth £1.2 billion. There are over 7,000 street food vans in the UK and that number has grown by 20% year on year. Even locally,

you'll notice the popularity of street food with pop-ups regularly taking place at various pubs, campsites and events, with Brecon Market Hall last year hosting a festival dedicated entirely to Street Food.

Not long ago the whole street food thing was a bit of a niche market, but now it has pretty much become part of British culture and offers customers

the chance to try out different cuisines from all over the world. The Covid Pandemic changed much about the hospitality industry. With restaurants and pubs being forced to close, would-be street food vendors spotted a gap in the dining market where they could go mobile and safely serve food, unlike indoor food venues which were not permitted to open. Selling from a food van also significantly reduces

overheads like the cost of rental premises and staff and businesses can go where the footfall is, instead of waiting for customers to come to them.

As a result of the relatively low start-up and running costs, food from street food vendors tends to be competitively priced, which means customers are inspired to try new foods without breaking the bank. With the cost of living crisis

forcing everyone to tighten their belts, dining out is one of those luxuries that many of us have forfeited. Cuisine from food trucks and street vendors that is lower in cost but as tasty as restaurant offerings, can offer a perfect alternative to those keeping to a budget but still looking for a treat now and then.

The growth of street food looks set to continue, so if you

haven't tried some of what's on offer locally, why not give it a go? The best place to keep informed of pop-ups and their locations is, of course, on social media either by following a vendor's account to see where they'll pop-up next or via a local page, such as Brecon and Surrounding Areas Community Group, Crickhowell Notice Board or Abergavenny Voice.



Caroline Jones

BA, LTCL, ABRSM, LWCMD

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Society of Recorder Players

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carolinejonesrecorders@hotmail.com



Hot Honey

Hot honey is one of the latest food trends to hit restaurants and street food offerings in 2024. Drizzled over everything from pizza to ice-cream, hot honey is exactly what you might expect it to be; in its simplest form it is honey infused with chilli and is a perfect condiment if you enjoy the combination of sweet and spicy flavours.

Where do I put it?

Pizza! The guy who purportedly introduced the idea of hot honey in New York, first served it as a condiment on pizza. Add some spice to your slice, but use it carefully as a little goes a long way.

Cheese. Pour it over a tangy feta or whip up the feta with some ricotta and Greek yoghurt to create the GOAT of dips!

Sobrasada. That delicious spreadable Spanish sausage made using pork, paprika and spices! Spread it on cut slices of baguette, pour over the hot honey and demolish.

Roasted Vegetables. Adding a little hot honey to your roasted vegetables after they are cooked can give them just the right amount of extra seasoning to make them delicious to even the most veggie-averse eater. Sublime on roasted carrots too!

Ice-cream. It doesn't sound like a match does it, but the contrast between heat and cold really works. Keep things simple and serve it over a scoop of good quality vanilla ice-cream.

What is it? How do you make it, and where do you put it?

How do I make it?

You will need:

- 340g runny honey
- 2 tsp chilli flakes
- 1 tbsp apple cider vinegar or white wine vinegar

Add the honey and chilli to a saucepan. Bring to a simmer over a medium heat, then remove from the heat and stir in the apple cider vinegar. Leave to cool before transferring to a glass container. Strain to remove chilli flakes if desired.

A note about the chilli. Our recipe uses dried chilli, but you can use fresh. Red or habanero chillis work well. The heat level will differ depending on the type of chilli – and how much – you decide to use. If you're trying it for the first time, simple shop-bought chilli flakes are a good place to start, after which you can start tinkering with chilli types and quantities according to your taste.

A note about the honey. We like Abergavenny Honey by Blorange Mountain Bees (blorange-mountain-bees.com) and Llangattock Apiaries (llangattockapiaries.co.uk). These are delicious, local Welsh honeys and make a perfect choice for your recipe.

Mushroom Miscellany

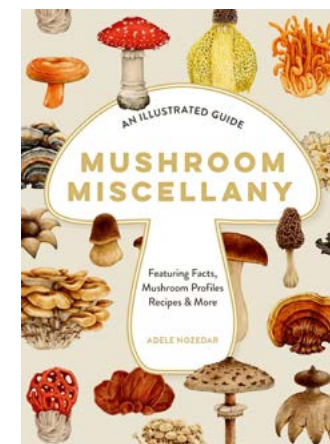
Renowned local forager, hedgerow guru and author of many useful handbooks on the subject, Adele Nozedar, is about to celebrate the release of her new book *Mushroom Miscellany*. It is a foray into the wild world of mushrooms, which features facts, mushroom profiles, recipes and more. Ahead of its release next month, we asked Adele to tell us about her book as well as share one of the recipes from it.

"This gorgeous little book features fun facts, mushroom profiles, recipes and more. Writing it was a joy, and I hope that you will love it too! For example, did you know that until the late 1960s we thought that there were just two categories that fitted the entire planet - animal and vegetable. But an ecologist, Robert Whittaker, blew this idea apart when he proposed that there were not just two, but five of these categories....and a very important one was held to be fungal. The Wood Wide Web concept is even more recent, and related to the fungal world. Without this we are doomed!

Why? Well, imagine if everything on the planet remained intact. For example, if car parts never got rusty. Or if leaves never rotted down. Or if the bodies of humans and animals remained as they were, intact but no longer alive. Grizzly thought, isn't it? This book explores these possibilities as well as the 'new' science that encompasses the Wood Wide Web and lots more besides, including the medicinal, the foodie, the mushrooms that glow in the dark and more, including food!"

Method

1. Wash and prepare your mushrooms. If using larger mushrooms or a mix of mushrooms, slice to ensure all are of a similar size. This will ensure even cooking.
2. Toast the sourdough bread, butter lightly, then set aside. Place 1 slice on each plate.
3. Heat a large frying pan with olive oil or butter, as desired. Add the mushrooms and cook for 2 minutes, followed by the garlic. Cook for 3-4 more minutes.
4. Top the prepared toasts with the garlic and sprinkle with fresh herbs. Enjoy!



Adele's book, *Mushroom Miscellany* will be on sale from 10th October from all good book retailers, priced at £12.99.



Forager's Breakfast

serves 4

The ultimate forager's breakfast, wild mushrooms on toast is an excellent way to appreciate your foraged treasures in a hearty meal – or to enjoy a delicious haul from your local farmers' market. Add fresh herbs, sliced ham or prosciutto, or crème fraiche for extra indulgence – or keep things simple (and vegan!) with the following recipe:

Ingredients

- 350g mixed wild mushrooms
- 4 large slices sourdough bread
- 1tbsp olive oil
- Butter or vegan substitute, plus extra for frying (optional)
- 1 garlic clove, crushed
- Handful of fresh herbs, such as parsley or thyme (optional)

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Please note: While many wild mushrooms are edible, a few are poisonous and can make you sick or even kill you. Don't eat any mushroom, unless absolutely certain of its identification. Be sure you know the identity of a mushroom, and that it is safe, before eating it. It is the responsibility of the individual to ensure the safety of anything they choose to ingest

Next Month's FOCUS...

A Greener Life



A famous green frog once sang "It's not easy being green." Next month we're challenging that idea and asking businesses and the community just how easy or difficult it is to pursue a greener, more ecologically planet friendly lifestyle or business practice. How can small changes both domestically and in business make a big difference?

Does your business promote greener products? Are your services sustainable? What small changes should your customers know about to show that you're looking after the planet?

**OCTOBER DEADLINE:
25TH SEPTEMBER**

Simple Tastes



*"Simplicity is an acquired taste. Mankind, left free, instinctively complicates life."
~ Katharine Fullerton Gerould*

One of my favourite ways to indulge the creative impulse is to rustle up a multi-dish curry feast. There's something about the hours of preparation — chopping, grinding, blending — and the juggling of vats of spicy, bubbling deliciousness in the kitchen, that really helps me to lose my self and be present for hours at a time.

But when I started out, there was one staple dish I just *couldn't* get right. I'd ordered tarka dal in every restaurant I'd ever eaten in and it always looked and tasted exactly the same (i.e. yellow and moreish), but I seemed powerless to replicate it.

I'd tried all the recipes I had, and took notes from cookbooks wherever I could find them, cross-referencing ingredients and experimenting with different combinations. I used various pulses as the base and adjusted quantities endlessly, performing spice alchemy, in an attempt to reproduce that rich, fragrant gravy, but it never seemed to even come close.

I became convinced I was missing that one, transformative ingredient, and made it my kitchen life's work to identify what it was. (Such was my obsession that I even created a 'Tarka Dal Matrix' spreadsheet to document my various failures.)

One evening, having filled my stomach with another lake of yellowy dal goodness at a local curry house — still trying to figure out the element I was missing, by taste — I cracked, begging my venerable waiter to let me in on the secret recipe.

My first surprise was the granting of my request (I'd always assumed restaurant curries were a bit like magic tricks - never to be decoded) but that paled next to my astonishment at what he said next:

"There are only three ingredients."

What?! All these years I'd been furiously *adding* stuff to get to where I wanted to be, and with every additional flavour, I was innocently taking myself further and further away from the answer.

I tried it at home the very next day, *subtracting* everything that was not required, and it was effortlessly perfect.

When it comes to happiness and wellbeing, we fall foul of this same tendency: to over-complicate. We've got it in our heads that we are not complete; that there's a missing, transformative ingredient required, before we can be at peace in our lives.

But what if the secret recipe for wellbeing isn't to *add* techniques, tools and practices to remember

and apply, but rather to simply *subtract* everything that's getting in the way of us seeing our innate mental health?

Ironically the very thought that we are not enough is itself enough to keep us stuck forever in a miserable cycle of seeking, where happiness becomes another goal to achieve; something we really have to work at.

When we realise for ourselves that there's nothing psychologically wrong with us, or missing in our make-up, that search ends, as layers of misunderstanding fall away and the weight of the world lifts from our shoulders.

This leaves us with far less on our minds, a deep-seated contentment with life as it is, and a freedom to pursue our ambitions, safe in the knowledge that all the ingredients for a rich and rewarding life are already within us.

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If you'd like to start your day with a quick, light-hearted reminder of how your mind works and how being human is ok, then sign up to my FREE Daily Reminders newsletter here: <https://gilescroft.com/newsletter>

If you'd like the secret recipe for Restaurant Tarka Dal, I posted it online here: <https://gilescroft.link/tarka-dal>

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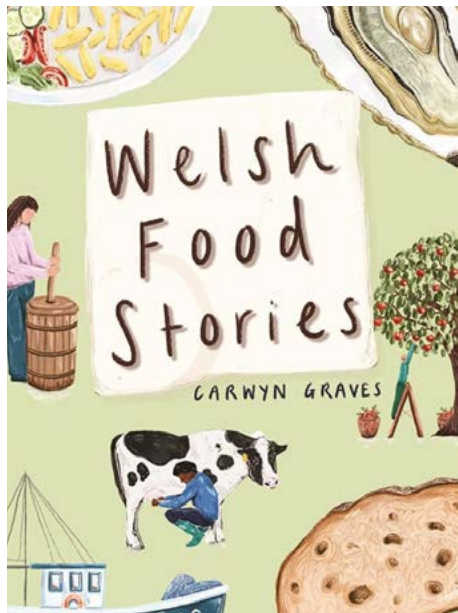
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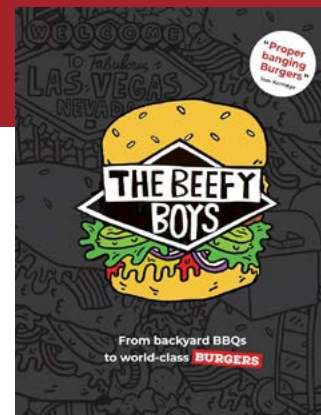
Book Recommendations



Looking for some culinary inspiration? Here are some suggestions from the Book-ish Booksellers to switch-up your mealtime rotations!

Welsh Food Stories
Carwyn Graves
£14.99

Welsh Food Stories explores more than two thousand years of history to discover the rich but forgotten heritage of Welsh foods - from oysters to cider, salted butter to salt-marsh lamb. Despite centuries of industry, ancient traditions have survived in pockets across the country among farmers, bakers, fisherfolk, brewers and growers who are taking Welsh food back to its roots, and trailblazing truly sustainable foods as they do so.



The Beefy Boys
Beefy Boys £20

Four childhood friends who became owners of one of the hottest burger brands in the world, The Beefy Boys show readers how to create the perfect burger in this accessible and vibrant cookbook. The Beefy Boys book shows you the secrets of the perfect burger, from steaming to assembling, to patty styles, unique condiments and sauce, through classic recipes for the world-beating Beefy Boy burger, Oklahoma Onion Boy, Peanut Butter and Jelly Boy, Nashville Hot Chicken Burger, Buffalo Chicken Burger and veggie faves Beanie Boy and Leafy Boy. There are also joy-inducing sides including Pastrami Fries, Jalapeño Poppers and Millionaire Fries.



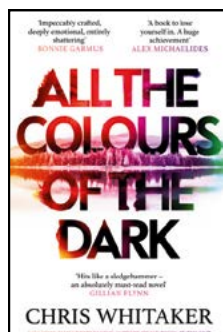
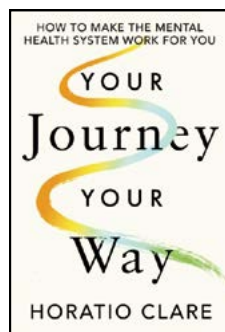
Buds & Blossoms
Liz Knight
£28

Liz Knight seeks to reinvigorate our love for cooking with edible flowers through her incredible recipes and engaging writing style. She includes 20 different flowering plants, all of which are easily sourced, and takes us on a delicious journey through more than 100 recipes from Rose Arrabiata and Magnolia leaves with Aubergine and Miso to Lilac Lemon Possets as well as a Marigold Martini. The versatility of the flowers Liz includes here is astonishing and you'll be amazed by how many different sorts of dishes will be enhanced by them.



Greekish
Georgina Hayden £26

Inspired by her Greek-Cypriot roots and Greek travels, Georgina has collected recipes that are easy to throw together, bursting with flavour and sure to be cooked on repeat in countless kitchens. With fewer ingredients and less stress, the recipes showcase familiar Mediterranean ingredients in classic combinations, as well as plenty of Greek-influenced dishes with Georgina's twists. Think sticky aubergine and pomegranate tart, spanakopita jacket potatoes, Baklava cheesecake and more.



{BOOK•ISH}
BOOKS, CONVERSATION & MORE

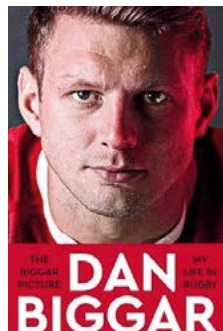
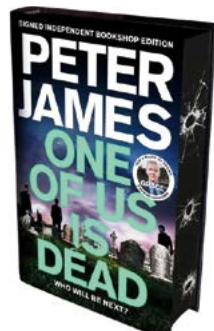
HORATIO CLARE: 11TH SEPT - 7.30PM
THE MANOR, CRICKHOWELL
TICKET £12 | WITH BOOK £22

CHRIS WHITAKER: 16TH SEPT - 7.30PM
BOOK-ISH LOFT, CRICKHOWELL
TICKET £8 | WITH BOOK £22

PETER JAMES: 19TH SEPT - 7.30PM
BOROUGH THEATRE, ABERGAVENNY
TICKET £16 | WITH BOOK £30

DAN BIGGAR: 23RD SEPT - 7.30PM
BLAENAVON WORKMEN'S HALL
TICKET £25 WITH SIGNED BOOK

BOOK ONLINE: WWW.BOOK-ISH.CO.UK/EVENTS



Crazy Water, Pickled Lemons

Diana Henry £26
The companion to Henry's wintery, comfort-filled cookbook comes it's bright summery partner! Crazy Water, Pickled Lemons gathers together dishes that combine colourful, aromatic and perfumed ingredients to bring pleasure to your kitchen and an intoxicating whiff of warmer climes to your table.



Salad, Pizza, Wine: And Many More Good Things from Elena
Janice Tiefenbach, Stephanie Mercier Voyer, Ryan Gray
£29.99

A different kind of cookbook, from a different kind of restaurant. The team behind the award-winning Montreal pizza joint Elena presents Salad Pizza Wine, delivering recipes for all of life's good things, with fresh, delicious and easy-to-recreate takes on modern Italian dishes. Honestly does it get better than the pizza salad wine combination?

CONSISTENCY

Sam Warburton, the former Wales and British Lions rugby captain, recently spoke at a sports social event about the importance of consistency. He asked those present who had exercised/worked out 3 times a week, every week, in the last month. Many hands were raised! He then asked who had exercised 3 times a week, every week, in the last 3 months. Many less hands went up. 6 months? Even less, and by the time he got to a year, hardly any at all.

We don't need to be world class sportsmen or women to see the point he is making. Consistency is what separates those who achieve their goals and those who never seem to improve or get the real benefits they desire.

We all have to start somewhere, and it doesn't really matter what or how much we do, as long as we do it. 3 times a week. Even 5 minutes, 3 times a week, will help us to make positive changes and once we roll out our mat or put on our T shirts and just start, often the 5 minutes fly by and we find ourselves doing more than we intended.

We all know the benefits, there's enough evidence out there, and we all know that there will be days or weeks when we just don't feel like it. Motivation is hard to sustain and when we aim too high, we just set ourselves up to fail. But we can start small, with whatever we enjoy, and on the days that are tough, dig deep and just do it.

Small steps will keep moving us forwards and consistency will pay in the end. Making exercise part of our lives will undoubtedly help us to feel better, happier, healthier and stronger. How do you want to feel this time next year?!

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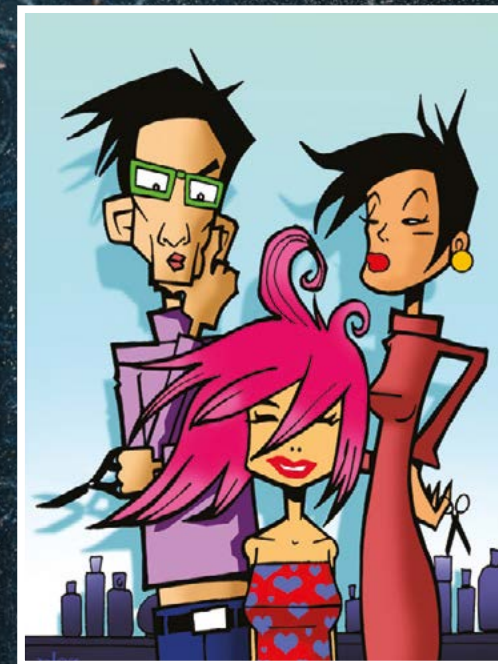
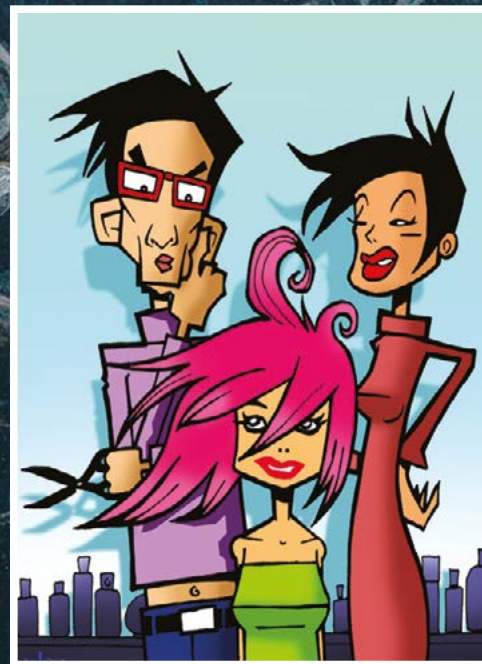
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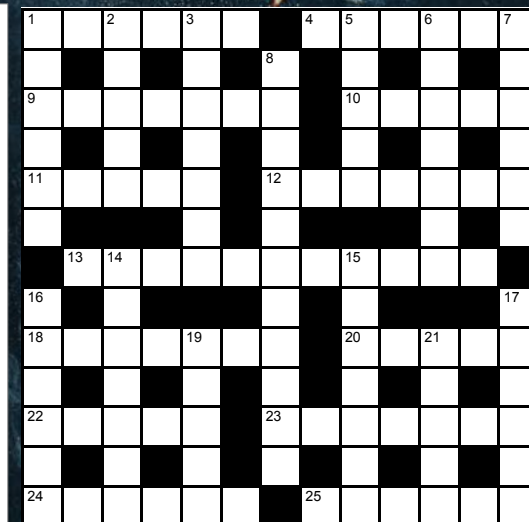
Quick Crossword

ACROSS

1. Demand (6)
4. Smaller (6)
9. Hair cleanser (7)
10. Spin (5)
11. Freight (5)
12. Advantage (7)
13. Always (11)
18. Tolerant (7)
20. Arrive at (5)
22. Expel (5)
23. Apparent (7)
24. Dismal (6)
25. Floats (6)

DOWN

1. Bug (6)
2. Step (5)
3. Prop up (7)
5. Consumed (5)
6. Accomplished (7)
7. Tell (6)
8. Mixture (11)
14. Exterior (7)
15. Appearance (7)
16. Scatter (6)
17. Phantoms (6)
19. Insert (5)
2. Bypass (5)



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